

# CONNECTION

West Wimmera Health Service | Summer Edition 2024

**PARTNERING WITH  
DEAKIN UNI TO  
BRING NEW DOCTORS  
TO OUR AREA**

**OUR  
COMMUNITY  
HEALTH  
GRANTS UP  
FOR GRABS!**

*Applications open  
to all community  
groups and close  
16 April*

**NEED URGENT  
MEDICAL  
ATTENTION?**

*Discover how our  
Urgent Care Centres  
can help you and  
your family.*

**A RANGE OF  
SERVICES  
PROVIDED AT  
OUR COMMUNITY  
HEALTH CENTRES**

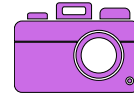
*Centres are located  
in Goroke, Minyip  
and Murtoa - our  
staff can travel  
to you*



**WEST  
WIMMERA  
HEALTH  
SERVICE**



# INSIDE THIS EDITION...



**LEAH, ONE OF OUR PHYSIOTHERAPISTS, IS OUR FRONT COVER SUPERSTAR.**

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## A FEW WORDS FROM THE CEO

**Wherever 2023 went, it sure went quickly!**

**Welcome to 2024 and our Summer Edition of Connection.** Read on for all sorts of news about what's happening in and around West Wimmera Health Service. You'll:

- find information on how to apply for our annual community health grants, to make a meaningful difference to long-term health outcomes in your area.
- see how our surgical team is playing an important part in the training of Deakin University medical students.
- read about our Community Nursing (used to be called District Nursing) service and the invaluable role our Community Nurses play in keeping many of us fit, well and out of hospital.
- have the opportunity to join our Community Advisory Committee and play a more formal role to ensure we hear our communities' voices loud and clear.
- get to know:
  - Rebecca "Bec" White, our Nhill Campus Director of Nursing; and
  - Asmita Brahmhatt, our Multicultural Worker
- gain a good understanding of the many services we provide; and
- test the old grey matter on our quiz and find-a-word, plus much much more.

In other news, congratulations to Rhys Webb, our recently appointed Executive Director of Community Health, on receiving this year's Hindmarsh Shire Citizen of the Year award.

Rhys wears a number of community hats and is a shining example of the positive impact that we can all have on where we work and where we live.

While on the topic of serving others, thank you to all of our volunteers as well as the many people who support us one way or the other in so many ways. Much of your work goes unmarked but our services and facilities would be much diminished without your contribution.

Looking ahead, 2024 will no doubt have its challenges. We're scheduled for an organisation wide survey of our compliance with the National Safety and Quality Health Service Standards in the first half of the year. We see this as an excellent opportunity to showcase much of what we do well. And it also helps greatly in our continual quest (and our overarching purpose) to provide great care to every person, every time.

The ongoing nationwide shortage of healthcare professionals is not expected to improve any time soon but our employees will continue to do their best to ensure the communities we serve receive the top quality care they need and expect.

A shout out to our latest intake of Enrolled Nurse trainees who are quietly gaining experience and skills and providing much needed hands on support in the field. They will play a huge part in our future success as an organisation and that of our local communities more generally.

**Until next time, take care and here's to a healthy and enjoyable 2024.**

# COMMUNITY NURSES

**“HEALTH, INDEPENDENCE AND  
WELLBEING FROM THE HEART OF HOME”**

Community Nursing, previously known as District Nursing, extends care beyond the walls of the hospital into the comfort and safety of homes across our communities. Delivered by skilled and dedicated nurses, we can help you with:

- post hospital care - checking in on you to ensure you're recovering and healing well
- dressing wounds
- taking bloods
- checking blood pressure
- equipment assessments

Community Nurses are champions for independence and wellbeing. Our nurses go the extra mile to assess individual needs and equip clients and their families with the skills and equipment needed to manage health at home.

While Community Nurses don't handle domestic tasks like cleaning, they play a key role in connecting clients with the right services. Through referrals and sharing information, they ensure that clients receive the support they need.

## **GETTING A COMMUNITY NURSE**

- No referral required.
- Individuals can call our Intake Team, or with the permission of clients, family members can call on their behalf.

**ENQUIRIES:**

**Please contact our Intake Team  
on 5391 4292.**







# BRINGING MEDICAL STUDENTS RURAL

Medical students from Deakin University have been given the opportunity to witness orthopaedic surgeries first hand at our operating theatre in Nhill, following a partnership between West Wimmera Health Service and Deakin University.

For the past 12 months, one student each month has travelled to Nhill to watch Orthopaedic Surgeon, Dr Gooi and his team performing joint replacements and arthroscopies.

“Building these partnerships with Universities and Medical Students is a great way to share the potential of small rural hospitals, and hopefully get students eager to pursue a career in rural health, and perhaps even see them return to our area as a rural GP,” Trish Heinrich, Nurse Unit Manager, Operating Theatre said.

The students are able to experience the whole process, from the pre-op assessment, into theatre and then recovery post-op, and also get a taste of what it’s like living in a small rural town.

“It was a great experience as I was able to watch the same procedure multiple times in a day which helped me cement the ideas,” one student said.

“Dr Gooi and Dr Kim (anaesthetist) were very happy to answer any questions, and all the staff were very welcoming,” they concluded.



“

*It was a great experience as I was able to watch the same procedure multiple times in a day which helped me cement the ideas.*



# NURSE, WORK, TRAVEL AND GROW!

Growing up, our Director of Nursing, Rebecca White always dreamed of becoming a Veterinary Surgeon. That was until her grandfather was diagnosed with a brain tumour, and her life became immersed in the world of the Intensive Care Unit. She became fascinated with the life-saving work being performed in the ICU, and so began her career in healthcare.

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"I started as a Graduate Nurse at Austin Health in 1995, went on to study a Graduate Diploma in Critical Care, worked my way up as an Associate Nurse Unit Manager and Nurse Unit Manager before furthering my studies, completing a Graduate Diploma of Midwifery Science and then working as the "Twin Midwife," at Mercy Hospital for Women."

Driven to succeed and experience life to the full, Bec has been offered endless opportunities throughout her career. From travelling Australia in a caravan with her family and working as a nurse and midwife in rural and remote settings across WA, to stepping up into leadership roles in large metropolitan hospitals, coordinating multiple facilities with 900-bed capacities, and now bringing her expertise to WWHS as the Director of Nursing in Nhill.

“NURSING IS A VERY REWARDING CAREER...EVEN TO CHANGE THE LIFE OF ONE NURSE OR ONE PATIENT MAKES IT WORTHWHILE.”

“WWHS has welcomed and supported me and I feel privileged to be able to share my knowledge and skillset with all nursing staff to ensure the future of nursing in the Wimmera looks bright.

“I enjoy all aspects of my role in healthcare but my passion is leading and supporting teams, succession planning, strategy and change management. I love supporting nurses to reach their potential.”

With a clear passion for both the nursing and midwifery professions, Bec is committed to sharing her knowledge, and encourages people considering a career in healthcare to absolutely pursue it!

“Nursing is a very rewarding career and there are so many paths you can take. It offers challenging and difficult work at times but even to change the life of one nurse or one patient makes it worthwhile.”

“

**MY ADVICE TO NEW NURSES WOULD BE TO SPECIALISE EARLY AND GET AS MUCH EXPERIENCE AS YOU CAN IN LOTS OF DIFFERENT CLINICAL AREAS, INCLUDING IN RURAL AND REMOTE SETTINGS – THEY’RE VASTLY DIFFERENT TO THE METRO HOSPITALS AND OFFER A UNIQUE EXPERIENCE THAT YOU JUST CAN’T GET IN THE CITIES.**

”

**OPPORTUNITY AWAITS!**



**Grow your career with us.**

**Scan the code to find job opportunities.**



# Meet our new Multicultural Worker



Asmita Brahmhatt helps people from refugee and migrant backgrounds to improve their health and wellbeing. She can help you understand which of our health services might be right for you, and assist you in making an appointment.

“I am here to help you to access our health and hospital services, and find your way in a safe and friendly environment.”

Asmita has called Nhill home for almost five years and is excited about meeting and helping people and making a positive difference to the community.

“Working in the community is my passion because it motivates me and gives me satisfaction knowing that I have made an impact on someone’s life.

“I like to travel and meet people from the diverse community.”



*“I am here to help you to access our health and hospital services, and find your way in a safe and friendly environment.”*

## Contact Asmita

Mondays, Tuesday and Wednesdays

Nhill Hospital

E: [asmita.brahmbhatt@wwhs.net.au](mailto:asmita.brahmbhatt@wwhs.net.au)

T: 5391 4267





VICTORIAN VIRTUAL  
EMERGENCY DEPARTMENT  
Northern Health



The Victorian Virtual Emergency Department allows you to access care for non-life-threatening emergencies, 24 hours a day, 7 days a week. You will be connected to our doctors and nurses via a video call, and receive medical advice from the comfort of your home.



#### How do I register?

- You will need a phone, tablet or computer with a camera to use this service.
- To register, please use your phone camera and scan the QR code. You can also visit [vved.org.au](http://vved.org.au)



#### What happens after I register?

- You will be linked directly to the Virtual Emergency Department waiting room and placed in the virtual triage queue.
- You will receive a text/email with the next steps.
- When it's your turn, the nurse will consult with you and advise the best course of action.



#### What kind of medical help can I get?

- In many cases, we will be able to help you virtually, and organise tests and prescriptions close to your home.
- We can provide self-care advice and a GP follow up.
- We may ask you to come into the Emergency Department.



#### Are interpreting services available to me?

- Interpreters are available, and you can request one during the registration process.
- You can also complete the registration form in your preferred language.

For more information,  
please visit [vved.org.au](http://vved.org.au)

Please use this service for non-life-threatening emergency conditions only. Some examples of life-threatening symptoms include: shortness of breath, severe chest pain, or weakness down one side of the body. If you think you may have a life-threatening condition, please contact **Triple Zero (000) urgently.**

Northern Health

Austin  
HEALTH

ST VINCENT'S  
HOSPITAL  
MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Ambulance  
Victoria

VICTORIA  
State  
Government



Northern Health acknowledges the Traditional Custodians of this land, the Wurundjeri people, and pays its respects to Elders past, present and future.

# WEST WIMMERA HEALTH SERVICES'S URGENT CARE CENTRES

West Wimmera Health Service operates Urgent Care Centres in Nhill, Kaniva, Rainbow, and Jeparit.

Led by nurses, our Urgent Care Centres are designed to treat illnesses or injuries that do not appear to be life-threatening but also cannot wait until the next day, or for a GP appointment.

For example, deep wounds, cuts or lacerations, allergic reactions, suspected fractured or broken bones, minor burns, difficulty breathing, chest pain or tightness, fever, muscular sprains, insect and animal bites, and severe body pain and bleeds.

## WHAT HAPPENS AT THE URGENT CARE CENTRE

Upon arrival, you will undergo assessment by nurses, and suitable courses of action will be taken to ensure your care. Depending on the circumstances, you may not need to be seen by a Doctor.

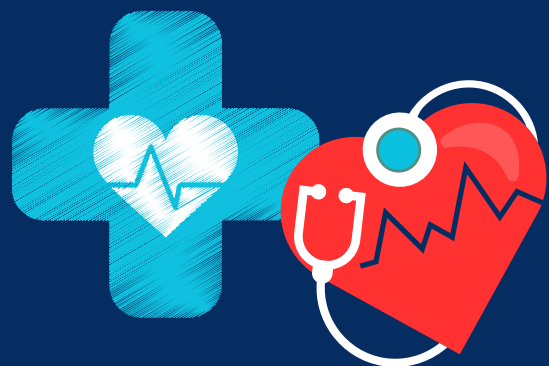
If a Doctor is required, the local GP may be called to come in, or alternatively the nurse may consult with My Emergency Doctor, which means you will be seen by a Doctor virtually via video call.

**TO ENSURE PRIORITISED CARE FOR THE MOST CRITICAL CASES, URGENT CARE EMPLOYS A TRIAGE SYSTEM.**

This may result in longer wait times, as patients are attended to based on the severity of their condition. It's important to be aware that the wait time may exceed expectations, and the order of service is determined by the urgency of medical needs.

## OTHER CARE OPTIONS

- In the event of a life-threatening medical emergency, call Ambulance Victoria on 000.
- If you are uncertain about the urgency of a condition, you can contact Nurse on Call (1300 60 60 24), the Victoria Virtual Emergency Department (via online video at [vved.org.au](http://vved.org.au)) or My Emergency Dr (1800 123 633).
- For non-urgent medical conditions, make an appointment with your local GP.



# AUSTRALASIAN TRIAGE SCALE

Category	Response Time Description	Clinical Indicators
<b>1</b> (Red)	Seen Immediately  Life Threatening Conditions	<ul style="list-style-type: none"> <li>• Cardiac / Respiratory Arrest</li> <li>• Immediate risk of airway, respiratory rate less than 10/min, extreme respiratory distress</li> <li>• BP less than 80 in adult</li> <li>• Severe shock in child / infant</li> <li>• GCS less than 9</li> <li>• Prolonged seizure</li> <li>• IV overdose</li> <li>• Severe behavioural disorder</li> </ul>
<b>2</b> (Orange)	Seen within 10 minutes  Imminently life threatening  Time sensitive treatment needed  Severe pain	<ul style="list-style-type: none"> <li>• Airway risk (stridor)</li> <li>• Circulatory compromise (HR less than 50 or greater than 150, Hypotension, severe blood loss, poor perfusion)</li> <li>• Chest pain, likely cardiac related</li> <li>• Suspected sepsis, febrile neutropenia, fever with lethargy</li> <li>• Acute stroke</li> <li>• GCS less than 13</li> <li>• Suspected testicular torsion</li> <li>• High Risk History (toxic ingestions, venomous bite, pain suggesting PE, AAA, ectopic pregnancy)</li> </ul>
<b>3</b> (Green)	Seen within 30 minutes  Potentially life threatening  Situational urgency  Severe pain	<ul style="list-style-type: none"> <li>• Severe hypertension, Moderate blood loss</li> <li>• Moderate shortness of breath</li> <li>• Vomiting and / or Dehydration</li> <li>• Seizure (post ictal)</li> <li>• Head injury with LOC (now alert)</li> <li>• Physiologically stable suspected sepsis</li> <li>• Severe pain</li> <li>• Limb injury consisting limb deformity or severe laceration, altered sensation, absent pulse</li> <li>• Potential child abuse</li> <li>• Behavioural / Psychiatric patient very distressed, risk of self-harm, potentially aggressive</li> </ul>
<b>4</b> (Blue)	Seen within 60 minutes  Potentially serious condition  Situational urgency  Complex case	<ul style="list-style-type: none"> <li>• Mild haemorrhage</li> <li>• Foreign body aspiration without respiratory distress</li> <li>• Chest injury without rib pain or respiratory distress</li> <li>• Minor head injury without LOC</li> <li>• Moderate pain</li> <li>• Vomiting or diarrhoea without dehydration</li> <li>• Inflammation or foreign body in eye without vision changes</li> <li>• Minor limb trauma (ankle sprain, fracture, uncomplicated laceration with normal vital signs)</li> <li>• Swollen, erythematous joint</li> <li>• Semi urgent mental health problems with no immediate risk to personnel</li> </ul>
<b>5</b> (White)	Seen within 120 minutes  Less urgent  Clinical-administrative problems	<ul style="list-style-type: none"> <li>• Minimal pain with no risk factors</li> <li>• Low risk history</li> <li>• Minor symptoms of illness or low risk condition</li> <li>• Abrasions or minor laceration</li> <li>• Scheduled revisit</li> <li>• Immunisations</li> <li>• Patient with chronic psychiatric symptoms in social crisis</li> </ul>





HEALTHY LIVES, HEALTHY COMMUNITIES

# OUR COMMUNITY HEALTH CENTRES

Did you know we have Community  
Health Centres in Goroke, Minyip  
and Murtoa?

# EXPLORE THE SERVICES AT YOUR LOCAL COMMUNITY HEALTH CENTRES!

Our Allied Health staff and nurses provide a range of health services at our Community Health Centres.

Our services extend beyond the Centres, including home visits. Whether you're dealing with a specific health issue or aiming to enhance your overall wellbeing, we're here to assist you!

Here's a glimpse of what we offer:

- Cancer Support
- Cardiac Rehabilitation
- Community Nursing
- Continence Support
- Diabetes Support
- Dietetics
- Falls and Balance Groups
- Gentle Exercise Groups
- Health Promotion
- Initial Needs Coordination
- Lifestyle Groups
- Multicultural Support
- Occupational Therapy
- Physiotherapy
- Podiatry
- Social Support Groups
- Social Work
- Specialist Telehealth Clinics
- Specialist Wound Care Nurse
- Speech Pathology

Additionally, we provide Community Care support, which encompasses programs like the Commonwealth Home Support Program (CHSP), Home Care Packages, Transition Care Packages, National Disability Insurance Scheme (NDIS), and Transport Accident Commission (TAC).

## CONTACT US

To discover more or book an appointment, please call your local WWHS Community Health Centre or our friendly Intake team on 5391 4292.

**WE'RE HERE TO SUPPORT YOU ON YOUR HEALTH JOURNEY!**

# YOUR MENTAL AND SOCIAL WELLBEING MATTER



**Your mental and social wellbeing is a big deal!** Taking care of yourself is a crucial part of overall wellbeing, and asking for help is a brave step towards healing. If you or someone you know is facing challenges, here are some local resources that might be useful:

- **Christian Emergency Food Centre:** Providing emotional, financial and food support during challenging times. You can reach them at (03) 5381 2311. They are located in Horsham and are open Monday to Friday from 1pm to 3:45pm.
- **Headspace Horsham (12–25 year olds):** Offering support and guidance for mental health concerns. Reach out to them at (03) 5381 1543 to connect with professionals who specialise in youth mental health.
- **Rural Outreach Program:** If you or someone you know is having a hard time and need someone to talk to, you can access this free service by calling 1300 688 732. The team will meet you where you feel comfortable or can chat over the phone.
- **Uniting Wimmera:** Offering a range of services to assist individuals and families facing various challenges. You can contact them at (03) 5362 4000.
- **Salvation Army:** Providing support in various forms, including counselling and practical help. If you require assistance, you can contact them at (03) 5382 1770.
- **Emergency Services:** If you or someone you know is in immediate danger, please call 000. Your safety is the top priority, and emergency services are equipped to provide the necessary assistance.

Remember, reaching out for support is a sign of strength, and there is no shame in seeking help. Together, as a community, we can create an environment where everyone feels supported, valued, and understood.





**SUPPORT YOUR  
COMMUNITY**

⋮⋮⋮ **JOIN OUR COMMUNITY  
ADVISORY COMMITTEE** ⋮⋮⋮

We are wanting to develop a committee that includes representatives from all the towns we service, to meet at a minimum of three times per year.

Community Advisory Committees are a significant part of West Wimmera Health Service's commitment to improving its services by partnering with the community.

Your ideas, suggestions and opinions can make a big difference!

To find out more or express your interest, please contact our Communications & Customer Partner, Krystal by emailing [mysay@wwhs.net.au](mailto:mysay@wwhs.net.au) or phoning (03) 5391 4293.



**OUR  
COMMUNITY  
HEALTH  
GRANTS ARE  
UP FOR  
GRABS!**

**Applications close  
16 April 2024**



**For more info on how to  
apply, contact:**

**Dorothy McLaren  
Health Promotion Manager**

0427 085 896  
dorothy.mclaren@wwhs.net.au



**Here's some examples of  
what others have set up  
in their communities...**

**» Natimuk  
Community Garden**

A fresh and flourishing community garden was set up by Natimuk Urban Landcare in Natimuk.

Featuring raised garden beds with a variety of plants, including tomatoes, spinach, lettuce, eggplant and various herbs, the garden is bringing much joy, nourishment, and wellness to the community.

Located near the community pizza oven, in the centre of town, the garden offers the three main ingredients for a healthy life: healthy diet, social connection and physical activity.





## » Mobile Photography Course

An 8-week program in Natimuk focusing on the three health priorities: social connection, physical activity, and healthy eating.

The course, led by an experienced photographer consultant will show people how to take photos with a mobile phone.

Each lesson will have a different focus, including walking around town and capturing significant places, food photography, and more!

The photos will be displayed at the Natimuk Show in March.

## » Rupanyup Mosaic Walking Tracks

Organised by Rupanyup community member Christine Cobbe, this project gets people out and about looking for mosaics that are made by community locals hidden around town.

See how many you can find! Grab a brochure from around Rupanyup and take a walk to see what you discover!

## » Wellness Project

Focussing on physical, mental health and wellbeing for women and non-binary people, the project will be run in Natimuk and involve group meditation, yoga, running, walking, dancing, rock climbing, pilates and more!





Kaniva residents & staff playing a game of cards



Iona residents enjoying live music

♡ out and about ♡



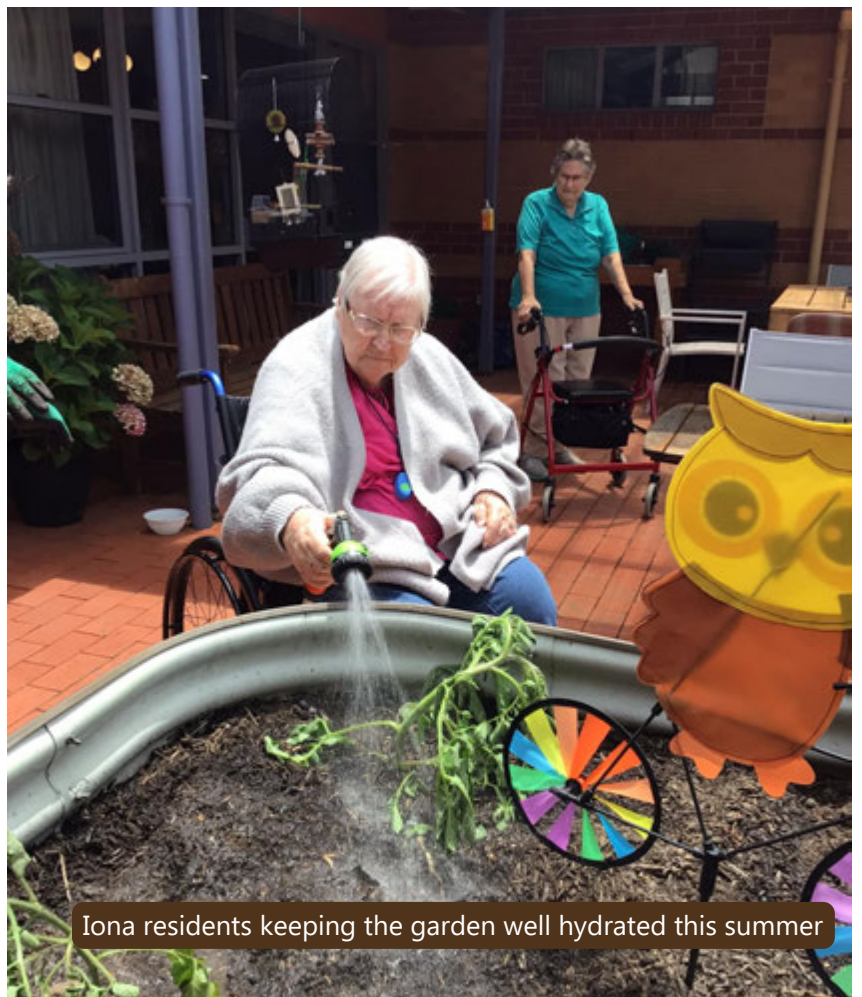
A bit of pet therapy in Kaniva



A beautiful sunset from the Kaniva Hostel



All smiles in Rainbow, Nola looking lovely



Iona residents keeping the garden well hydrated this summer





Kaye, with a baby goat who came to visit Rupanyup Nursing Home



Jeff and Cyril enjoying a Christmas feast in Natimuk



Amelia and Alec having fun during the Christmas Intergenerational session with the Natimuk Primary School students.



Bob and Leila showing off their Christmas wreath creations.



Jeparit residents enjoying a BBQ together



Jim enjoying an early Christmas with staff in Rupanyup



**SUPPORTING  
PEOPLE 50+**

West Wimmera Health Service

# Healthy Ageing Hub

Live well and thrive!

Our Healthy Ageing Hubs are designed to connect you to services and provide information about healthy ageing programs, activities and services available in your area.



- Permanent Hub in Nhill - 34 Victoria Street
- Pop-up hubs in Kaniva, Goroke, Natimuk, Rainbow, Jeparit, Rupanyup, Minyip and Murtoa







## COST SAVINGS & RENEWABLE ENERGY MAKING

We're taking action to enhance sustainability through the installation of LED lighting and the implementation of solar panels across the Service.

These initiatives are supported by the Victorian Health Building Authority's funding round aimed at promoting sustainability in the health sector.

### LED LIGHTING

The light emitting diode (LED) lighting upgrade is a service-wide initiative that aims to replace more than 2,000 fluorescent lights.

By making the switch, the project is expected to deliver an annual cost saving of more than \$66,000 for the service.

### SOLAR PANELS

The project, which will generate renewable energy, will see the installation of solar panels at six different locations across our Service, including Natimuk, Rupanyup, Minyip, Murtoa, Goroke, and Cooina.

Similar to the LED lights, the solar panels are estimated to result in an annual savings of over \$21,500 for the Service.

These cost-effective projects will not only help in reducing the service's electricity expenses but also contribute to reducing its carbon footprint, making it an environmentally friendly option.

# OUR SERVICES

## AGED CARE

Service	Nhill	Jeparit	Kaniva	Rainbow	Natimuk	Rupanyup	Goroke	Minyip	Murtoa
Commonwealth Home Support Programme	●	●	●	●	●	●	●	●	●
Home Care Packages	●	●	●	●	●	●	●	●	●
Residential Aged Care	●	●	●	●	●	●			

## CLINICAL

Service	Nhill	Jeparit	Kaniva	Rainbow	Natimuk	Rupanyup	Goroke	Minyip	Murtoa
Acute Hospital Care	●	●	●	●					
Audiology	●								
Geriatrician	●	●	●	●	●	●	●	●	●
Hospital in the Home (HITH)	●	●	●	●	●	●	●	●	●
Immunisations	●	●	●	●	●	●	●	●	●
Infection Prevention & Control	●	●	●	●	●	●	●	●	●
Medical Imaging (CT, X-Ray, Ultrasound)	●								
Optometry	●								
Palliative Care Support	●	●	●	●	●	●	●	●	●
Pathology	●	●	●	●	●	●	●	●	●
Surgery - General, Ophthalmology, Oral and Orthopaedic	●								
Urgent Care	●	●	●	●	●	●	●	●	●

## DENTAL

Service	Nhill	Jeparit	Kaniva	Rainbow	Natimuk	Rupanyup	Goroke	Minyip	Murtoa
General Dentistry & Oral Surgery	●								
Oral Health Education & Promotion	●	●	●	●	●	●	●	●	●

### LEGEND:

● Available Service  
 ● Telehealth  
 ● My Emergency Dr  
 ● Other Provider  
  Unavailable Service

## COMMUNITY HEALTH

Service	Nhill	Jeparit	Kaniva	Rainbow	Natimuk	Rupanyup	Goroke	Minyip	Murtoa
Cancer Support	●	●	●	●	●	●	●	●	●
Cardiac Rehabilitation	●	●	●	●	●		●	●	●
Centrelink Station	●								
Community Nursing	●	●	●	●	●	●	●	●	●
Continence Support	●	●	●	●	●	●	●	●	●
Diabetes Support	●	●	●	●	●	●	●	●	●
Dietetics	●	●	●	●	●		●	●	●
Falls & Balance Group	●	●	●	●	●		●	●	●
Gentle Exercise Group	●		●		●		●	●	●
Health Promotion	●	●	●	●	●	●	●	●	●
Healthy Legs / Happy Feet		●	●		●		●	●	●
Maternal & Child Health Nurse - Antenatal Care, Domiciliary Care, Immunisations and Key Stages Visits	●	●	●	●	●	●	●	●	●
Maternal & Child Health Nurse - Day Stay Program	●								
Multicultural Support	●	●	●	●	●	●	●	●	●
National Disability Insurance Scheme	●	●	●	●	●	●	●	●	●
Occupational Therapy	●	●	●	●	●	●	●	●	●
Physiotherapy	●	●	●	●	●		●	●	●
Podiatry	●	●	●	●	●	●	●	●	●
Post Acute Care	●	●	●	●	●	●	●	●	●
Social Support Group	●	●	●	●	●	●	●	●	●
Social Work	●	●	●	●	●	●	●	●	●
Speech Pathology	●	●	●	●	●	●	●	●	●
Transition Care Program	●	●	●	●	●	●	●	●	●
Transport Accident Commission	●	●	●	●	●	●	●	●	●
Specialist Wound Care Nurse	●	●	●	●	●	●	●	●	●

### NEED HELP?

If you are unsure how to access our services, please contact our friendly Intake team on 5391 4292 and they can guide you.





Summer

# WELLNESS

## FARM ANIMAL FIND-A-WORD!

K	N	C	D	B	A	L	H	C	F	S	O	A	E
E	S	G	E	F	U	L	P	I	I	C	A	L	F
O	N	O	S	E	L	F	S	D	D	N	E	H	H
G	L	A	T	F	B	H	F	L	R	O	A	C	D
O	E	T	G	I	S	E	S	A	A	D	A	H	U
O	I	A	M	A	L	L	E	S	L	M	R	I	C
S	O	A	D	E	E	R	K	S	G	O	B	C	K
E	P	T	R	S	N	M	B	D	H	A	S	K	B
E	I	T	U	B	E	E	I	N	B	N	N	E	K
R	I	I	L	R	E	S	R	O	H	I	K	N	O
E	C	E	G	H	K	A	D	C	A	M	S	I	M
C	D	O	G	O	R	E	S	R	A	A	K	O	H
G	S	G	E	E	S	E	Y	S	A	L	E	F	N
H	S	O	S	S	H	E	E	P	L	S	E	G	A

BEES  
TURKEY  
ANIMALS  
BUFFALO  
HORSE

DUCK  
BIRDS  
DOG  
GOAT  
FISH

CHICKEN  
CALF  
LLAMA  
DEER  
GOOSE

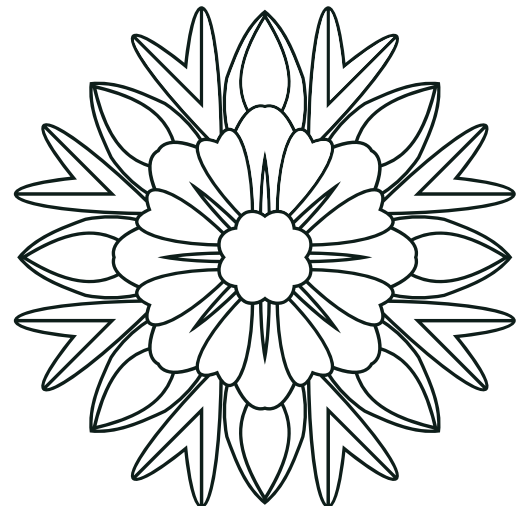
SHEEP  
BISON  
HEN  
GEESE  
LAMB

## QUIZ TIME...

1. Who won the 2024 men's Australian Open tennis tournament?
2. How many minutes are in a full week?
3. Where is the strongest human muscle located?
4. Pink Ladies and Granny Smiths are types of what fruit?
5. What is the national sport of Japan?
6. What year was Cinderella released?

Answers:  
1. Jannik Sinner 2. 10,080 3. Jaw 4. Apples  
5. Sumo Wrestling 6. 1950

## COLOUR ME IN...



Fun Fact

**ONE-QUARTER OF YOUR BONES ARE IN YOUR FEET**